SUPPLEMENTAL MATERIAL

Table S1. Baseline Characteristics of Jackson Heart Study Participants Stratified by Inclusion vs Exclusion Status[*]

Variable	Included (n=4,383)		Excluded (n=923)		P Value
Age, y	55.0	(12.8)	57.2	(12.9)	<.001
Male sex	1,573	(35.9%)	362	(39.2%)	.06
Education category			(n=913)		<.001
Less than high school	821	(18.8%)	255	(27.9%)	
High school graduate/some college	806	(18.4%)	168	(18.4%)	
≥College graduate	2,746	(62.8%)	490	(53.7%)	
Annual household income					<.001
<$25,000	1,390	(31.7%)	349	(37.8%)	
$25,000-$49,999	1,048	(23.9%)	187	(20.3%)	
≥$50,000	1,302	(29.7%)	232	(25.1%)	
Unknown	643	(14.7%)	155	(16.8%)	
Occupation					.004
Management/professional	1,604	(36.6%)	274	(29.7%)	
Service	1,082	(24.7%)	256	(27.7%)	
Production	632	(14.4%)	153	(16.6%)	

Other	1,065	(24.3%)	229	(24.8%)	
Unknown	0	(0.0%)	11	(1.2%)	
Health insured	3,788	(86.7%)	784	(86.1%)	.62
		(n=4,370)		(n=911)	
Current alcohol use	2,025	(46.4%)	394	(43.2%)	.07
		(n=4,363)		(n=913)	
Current smoker	551	(12.6%)	142	(16.1%)	.005
				(n=884)	
Anthropometrics					
Body mass index, kg/m^2	31.7	(7.2)	31.9	(7.4)	.63
Waist circumference, cm	100.5	(16.1)	101.9	(16.3)	.02
Comorbid conditions					
Coronary heart disease	281	(6.4%)	119	(12.9%)	<.001
Diabetes mellitus	839	(19.1%)	306	(35.7%)	<.001
				(n=857)	
Hypertension	2,428	(55.4%)	568	(61.7%)	<.001
				(n=921)	
Stress measures					
Chronic stress score (n=4,350)	5.1	(4.4)	5.4	(4.5)	.09

Minor stressors score (n=2,987)	83.2	(81.2)	91.6	(88.9)	.02
Major life events score (n=4,081)	1.3	(1.2)	1.5	(1.3)	<.001
Cumulative stress score	6.1	(1.7)	6.3	(1.7)	<.001

[*] Data are presented as mean (SD) or as No. of persons (%).

Table S2. Odds Ratios for the Association of LS7 Components and Stress Measures[*]

Component	Odds Ratio (95% CI)[†,‡]			
	Chronic Stress	Minor Stressors	Major Life Events	Cumulative Stress
Smoking	**0.814 (0.743-0.892)**	**0.842 (0.757-0.936)**	**0.845 (0.770-0.926)**	**0.823 (0.747-0.906)**
Diet	0.962 (0.899-1.030)	0.951 (0.878-1.030)	0.945 (0.885-1.009)	0.967 (0.907-1.032)
Physical Activity	1.058 (0.990-1.130)	0.929 (0.860-1.004)	0.977 (0.916-1.042)	1.016 (0.953-1.083)
BMI	0.949 (0.889-1.014)	1.036 (0.960-1.118)	**0.920 (0.863-0.981)**	0.953 (0.895-1.015)
Blood Pressure	1.087 (0.998-1.183)	0.996 (0.903-1.099)	1.054 (0.972-1.143)	1.055 (0.975-1.141)
Total Cholesterol	1.036 (0.944-1.137)	1.127 (1.005-1.265)	0.999 (0.915-1.091)	1.084 (0.994-1.183)
FPG	0.932 (0.853-1.018)	0.946 (0.853-1.050)	0.930 (0.854-1.012)	0.924 (0.849-1.007)
LS7 Composite	0.988 (0.923-1.057)	0.929 (0.859-1.005)	**0.917 (0.859-0.979)**	0.954 (0.894-1.019)

BMI, body mass index; FPG, fasting plasma glucose; LS7, Life's Simple 7.

[*] Model 1: adjusted for age, sex, education, income, and insurance status.

[†] Odds ratios are for having intermediate/ideal levels vs poor levels (reference) of LS7. Odds ratios are per 1-SD unit increase in stress measure.

[‡] Bold indicates statistical significance ($P<.05$).